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"The Works of the Devil

By Harry D. Ferguson

Sometime I wonder when I retire to bed,
Will I awake or be found dead.
People are killing others and themselves every day
That is why I am writing this poem - I have a few words to say.

We are denying God and living in sin,
Worshiping the devil until life ends.
Jim Jones was only one man
Still nine hundred lives were taken at his command.
So on that last day when Jesus comes down from up above
There won't be any use of Jim Jones trying to show his love.
Jim Jones, the Doc, and his nurse, did commit a sin
And one of the worst.
Yes, nine hundred lives were swept away,
That was their belief, so the newspapers say.
So right now may I suggest to one and all,
Please accept Jesus and let the devil fall.

Appomattox County High School 1978 - 79 Girls' Varsity Basketball Schedule

Dec. 1	Heritage	Away	8:00
Dec. 6	E. C. Glass	Away	8:00
Dec. 12	Heritage	Home	8:00
Dec. 19	Altavista	Away	6:30
Dec. 27	J. Forest	Away	6:30
Jan. 2	Liberty	Home	6:30
Jan. 3	Wm. Campb.	Home	6:30
Jan. 5	Rustburg	Away	6:30
Jan. 9	Amherst	Home	6:30
Jan. 10	E. C. Glass	Home	8:00
Jan. 12	Brookville	Away	6:30
Jan. 16	Gretna	Home	6:30
Jan. 19	Wm. Campb.	Away	6:30
Jan. 30	Altavista	Home	6:30
Feb. 2	J. Forest	Home	6:30
Feb. 6	Liberty	Away	6:30
Feb. 7	Gretna	Away	6:30
Feb. 9	Rustburg	Home	6:30
Feb. 13	Amherst	Away	6:30
Feb. 16	Brookville	Home	6:30

February 19 - 24 - Seminole District Tournament

HURTSVILLE

Mr. and Mrs. Clinton Shaw and family, of Council, N.C., were up last week to visit her mother, Mrs. Odell Chambers on Saturday night. She had all of her children and their wives and all of her grandchildren for Thanksgiving dinner. They left on Sunday and had a safe trip home.

The drawing for the $30.00 worth of beef was held November 24 at 3 p.m. The winner was Mr. Roscoe A. Henson, 4209 Bix St. N. Washington, D.C. It really was a great success. Thank everyone who helped on the program.

Rev. J. P. Lewis, of Lynchburg, preached at the Mt. Pleasant Baptist Church Sunday for the pastor, Rev. Davis who was ill,but he was present. Rev. Lewis preached a great Thanksgiving sermon which was enjoyed by all.

Miss Doretha Walker, of Norfolk State College and Miss Loretta Walker, of Norfolk State College and Miss Loretta Walker, of Norfolk, Mr. Dave Mack Walker, of Paterson, N.J. spent the holidays with their parents, Mr. and Mrs. William Walker.

Miss Lillian Miller, Miss Barbara Miller and Mrs. Nancy Burman spent the holidays visiting in New Jersey and with their parents, Rev. and Mrs. James Miller.

Miss Virginia Ann Berkley spent the holidays with her prents, Mr. and Mrs. Floyd Burkley. Miss Burkley is now employed at Longwood College.

Mr. Huston Saunders, of Paterson, N.J. and Miss Maddline Saunders, of Washington, D.C., spent the holidays with their mother, Mrs. Ethel Saunders.

DON'T YOU THINK IT'S TIME WE STARTED CARING

November 14, 1978
Ogbomosho, Africa

Mr. Lloyd Vaughan
Times-Virginian
Appomattox, Va.

Dear Mr. Vaughan,

I sent word to you that I was leaving and would appreciate the paper being started back again. On my return here I had many copies of the paper and all but one copy came surface mail. One air copy only, so please tell whoever posts it to send it by air. I really enjoy the hometown news especially if it is up to date.

Please let me take this opportunity to thank all of our friends in Appomattox and the county for their prayers and loving care given to me during my convalescence in the past few months.

I thank you, too, for all you do, each one of you to keep my dear mother happy while I am here. In less than two years I hope to be there permanently and can assist you in caring for her. Her happiness is my happiness.

In Christian Service,
Hazel Moon

Christmas Shopping

BLACKSBURG - Christmas is a pleasant time of the year when everyone is thinking of others.

There are many ways to be extremely thoughtful of friends and family without straining the family budget, suggested a Virginia Tech Extension specialist in consumer education.

Those who are planning to make gifts for special friends and family probably already have begun and are well along in their work. However, suggest Glen H. Mitchell, the specialist, it is not too early to think about making a special gift for someone for next year.

He suggested starting by making this year's gift list and then checking to see if some could be substituted with a gift that might be more meaningful with less out-of-pocket expenditure.

"Perhaps giving two home permanents to a friend might mean more than a new robe. A mother might like 10 washing and waxings of the kitchen floor from her child more than an item the child really can't afford," he said.

Check with the local Extension office and find what beginners courses that Extension or other educational groups are giving and enroll a family member in one that he or she may like.

Enrolling someone also might result in savings over the years to come when they learn home repair, upholstery, plumbing, woodworking or sewing skills.

Or, enroll them in a new hobby or sports class that they might like. Help that friend who has always wanted to learn to play tennis or bowl but who has never gotten around to signing up for a lesson.

Another suggestion to save money during the holidays is to make most meaningful relationships in life because we are unable (or unwilling) to practice forgiveness. Then there comes the time when regrets over what might have been haunt us the rest of our days.

The key to creative living is to be able to bury old regrets and seek to make our future as happy as our past was sad.

Rev. Bill Trimyer,
Elon Baptist Church,
Pamplin, Va.

The Pastor Speaks

REGRETS, REGRETS

Wouldn't it be nice upon reaching the end of life's pilgrimage to be able to say, "I have no regrets?" The reality of life and human imperfection hardly allows this to happen, because some of our choices throughout life turn out for our destruction. Whenever we sin against God, against another human being, or even against ourselves, we may privately say within, "I hope I have a chance to make things right."

Regretting something is looking back over our shoulder and saying privately or publically, "I wish I had never made that decision." And sometimes we spend so much of life loitering over things that area of little importance, until one day we awake to the shocking reality that life is almost over and we have missed out on some of life's deepest concerns. For example, spending time really getting to know our families, allowing more time for self to enjoy life, doing vocationally what we really want to do, or giving more of self to God and our church. Ideally, life should be lived with only a dash of regrets!

Pearl McGinnis wrote:

I have no Yesterdays,
Time took them away;
Tomorrow may not be - -
But I have Today.

Life is constantly speeding ahead leaving a trail of memories. Many persons spend too much time looking backwards, wishing they could undo the past. Living in the past, however, causes us to miss out on the present. Since life is so brief, we should sap all we can from it. Each new day is a golden opportunity to drink our fill from the fountain of life. If we drink while we are young, old age will not become stagnant with regrets.

Time never moves in reverse gear! Jesus said, "No man, having put his hand to the plow, and looking back, is fit for the kingdom of God." Perhaps too many of us live with our hearts in the past. We brood over that portion of life which is unchangeable. We judge others and fail to forgive their past. We miss out on some of the most meaningful relationships in life because we are unable (or unwilling) to practice forgiveness. Then there comes the time when regrets over what might have been haunt us the rest of our days.

The key to creative living is to be able to bury old regrets and seek to make our future as happy as our past was sad.

Rev. Bill Trimyer,
Elon Baptist Church,
Pamplin, Va.

THE BIBLE SPEAKS

Sunday School Lesson

BY LAWRENCE W. ALTHOUSE

LONGEST RACE

Lesson for December 3, 1978

Background Scripture:
Genesis 12:1-9;
Isaiah 55; Hebrews 1:1,2;
Luke 4:14-21; 15:4-10.
Devotional Reading:
Isaiah 41:8-10.

In his poem, "The Decision," Theodore Roethke says:

"**Running from God's the longest race of all.**"

Actually, despite our frequent complaints about not being able to find God in our own experience, the hardest thing is not to find God but to keep him from finding us. From our limited perspective, we think of our search for God, but, despite the reality of that search, an even greater reality is God's ceaseless quest for us. Job's cry, "O that I knew where I might find him!" is legitimate, but only a distorted perspective on the total picture in which the seeking God is discovered in his persistent quest for us.

Rev. Althouse

Seek The Lord

Thus, when the Prophet Isaiah says, "Seek the Lord while he may be found, and call upon him while he is near," he is urging the people of Israel, not to go out to find a hiding God, but to turn and be found by the God who is seeking them. It was the seeking God who came to Abraham saying, "Go from your country and your kindred and your father's house to the land that I will show you" (Genesis 12:1). In fact, throughout the whole Old and New Testaments one does not discover anyone who found God because he went searching for him -- unless, of course, God was first searching for him.

Even Jesus, although he was long anticipated, was not so much sought for as he was one who went seeking. Thus, in the synagogue in Nazareth, he proclaimed: "The Spirit of the Lord is upon me, because he has annointed me to preach good news to the poor. He has sent me to proclaim release to the captives and recovery of sight to the blind, to set at liberty those who are oppressed, to proclaim the acceptable year of the Lord" (Luke 4:18,19.).

The Lost Sheep

When Jesus told one of his artful parables to communicate the nature of God, he painted the picture of a good shepherd who, leaving his flock, goes "after the missing one until he finds it" (Luke 15:4). If we find God it is because he seeks us. As C.S. Lewis put it in his spiritual autobiography, **Surprised By Joy:**

Amiable agnostics will talk cheerfully about "man's search for God." To me...they might as well have talked about the mouse's search for the cat.

Even in the great parable of "The Prodigal Son" the repentant son returning home finds his father looking for him even while he is some distance away. The son begins the long journey back, but even before he makes that decision, the father is scanning the horizon. It is in that light that Isaiah counsels: "Let him return to the Lord, that he may have mercy on him, and to our God, for he will abundantly pardon" (Isaiah 55:7).

To attempt to run from God is indeed "the longest race of all," until we turn to him to find our Father and be found in him.

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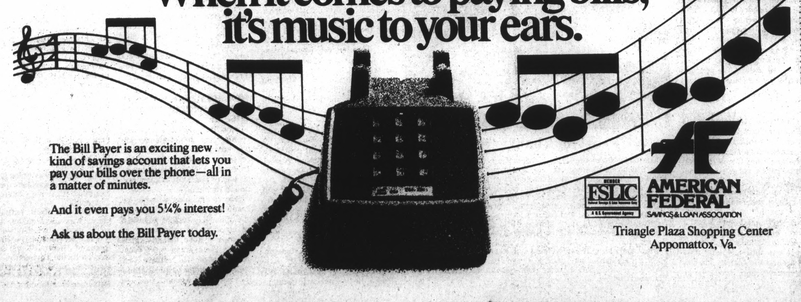
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Fast Food Meals Contribute To Change in Food Habits

By Mrs. Barbara L. Morlang, R.D. & Ph.D.
State Nutrition Consultant
Virginia Department of Health

Consumption of potatoes (french fries), catsup, pickles, fish, beef and ice milk have all increased significantly over the past 15 years. Changes in food consumption in the United States have included a increase in fat consumption, a decreased intake of complex carbohydrates and an increased consumption of simple sugars. These changes have in part been due to the composition of the fast-food meals.

The fast-food meals are generally high in calories, with a typical combination having between 900 to 1300 calories, approximately half that required by a young adult male (15 - 22 years of age.)

A major factor contributing to the high content of the meal is the beverage selection. "Shakes" are a popular choice, averaging from 334 calories to 840 calories. The "shakes" are usually not called milk shakes because they frequently do not contain milk. The majority contain milk solids with added thickening and sweetening agents.

Surveys show that the typical fast-food meal is generally adequate in protein; however, the fast-foods tend to be low in fiber content. Anyone on a low sodium diet should be made aware that the sodium content of some of the foods is extremely high. For example, a medium sized pizza may contain more than 4000 mg of sodium. A Dairy Queen Brazier Dog with cheese may contain approximately 2000 mg of sodium, while a Big Mac may have 960 mg of sodium.

A trend in the fast food business is the introduction of these foods into the school lunch program. The school lunch program is a $4 billion dollar industry and is American's fourth largest single food purchasing business. In some areas the "Fast-Food" school lunches have more than doubled the school lunch participation.

Are fast-foods economical? Comparisons of cost show that the fast-foods can cost twice as much as the same foods prepared at home. A McDonald's hamburger cost about one-fourth to one-third more than home-prepared sandwiches, while the apple pie is about 3½ times as much. Full cost and cost equivalent of food preparation time were not considered in these figures.

Because the fast-food industry will continue to provide an increasingly greater percentage of the American intake, wise selections become increasingly important. More consuemrs need to take a careful look at what they are eating.

VA Questions And Answers

EDITOR'S NOTE: Following are representative questions answered daily by VA counselors. Full information is available at any VA office.

Q - Will the Veterans Administration pay for emergency treatment at a non-VA hospital for a veteran with a service-connected condition?

A - If a veteran is treated for a disability that has been rated service-connected by the VA, and the VA is notified within 72 hours of admission to a non-VA hospital, VA will pay for treatment.

Q - How long can a veteran take on-the-job training?

A - On-the-job training may last up to two years if all other requirements are met.

Q - I was overpaid in Veterans Administration education assistance and when I applied for a waiver VA denied it saying I was at "material fault" in the creation of the overpayment. What does VA consider material fault?

A - Material fault is the inexcusable commission or omission of an act that directly results in the creation of a debt. Occurs when a veteran cashes a check although he knows that he is not entitled to all or part of that check. Failure to inquire about his entitlement to the check constitutes material fault on the veteran's part.

Mistakes in Attic Insulating Common

BLACKSBURG - Although adding attic insulation may be a good idea, a number of things should be considered before starting the project, said a Virginia Tech Extension specialist in agricultural engineering.

The specialist, Harold A. Hughes reported that installing insulation can be a complicated job, and if it is not done right, homeowners won't get their money's worth out of the investment.

"First, check for roof leaks and make needed repairs. If the insulation gets wet, it's not going to work as it should. Also, caulk all openings where ducts, pipes or wires penetrate the ceiling or floor.

One of the major problems in insulating attics is crowding the insulation into the eave area, covering air inlets. "It's very important to leave any air vents open to prevent moisture buildup in the attic," the Tech faculty member said.

The specialist recommended leaving at least a three-inch ventilation path between the roof sheathing and the insulation around the attic perimeter. Commercial vents are available for this purpose from building supply dealers.

Other common mistakes are leaving gaps in the insulation and letting the insulation come into contact with light fixtures. The specialist said to butt insulation materials together at trusses or cross bracings in the attic, and to keep the insulation at least three inches away from recessed lighting fixtures to reduce fire hazards.

Unfaced materials should be used to insulate the space between the chimney and wood framing.

Homeowners should be certain heating ducts in unheated attics are insulated, making sure seams are sealed, said Hughes. If batt or blanket insulation is being used for the major attic space, be sure to press, not crush, the insulation between joints or trusses. Begin at the outer edge and work toward the center where it is easier to cut and fill.

If using loose-fill insulation, maintain a consistent density, he added.

"Do not pack the material; use a rake or board to level it. Then place a baffle - - a piece of batt insulation works well - - to keep insulation away from eave vents and ventilation paths."

More information on buying and installing insulation is available at local Extension offices.

SUPERMARKET SAVINGS

Ideas To Help You

Contradictory as it may seem, there are times when buying small is where the big savings are. Most of the time it's true that the larger size of a product is more economical—but not always, say experts at the Food Marketing Institute.

UNIT PRICING IS THE ICING on a smart shopper's cake.

Small sizes of canned and packaged food can be lower priced during special promotions or when a new product is being introduced. Unit pricing is your key to knowing when you should be alert to choosing the smaller size.

Families with small children often save money by buying oranges, which frequently cost less, and match the smaller appetites of youngsters.

Buying the larger size of a can of tomato paste, for instance, because it's cheaper, is no bargain if you wind up using only half of it, and have to throw the rest away.

Supermarkets are helping the consumer take the bite out of inflation by offering a wide variety of store and national brands, unit priced so that you can choose the size that best suits—and best saves!

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